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# 5 Years of Progress Through EFNEP

U.S. DEPARTMENT OF AGRICULTURE  
EXTENSION SERVICE • MAY 1974

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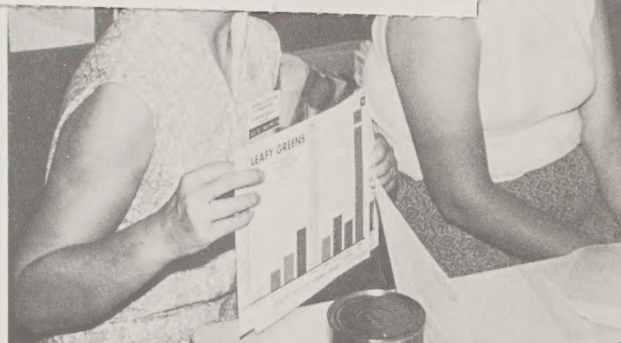
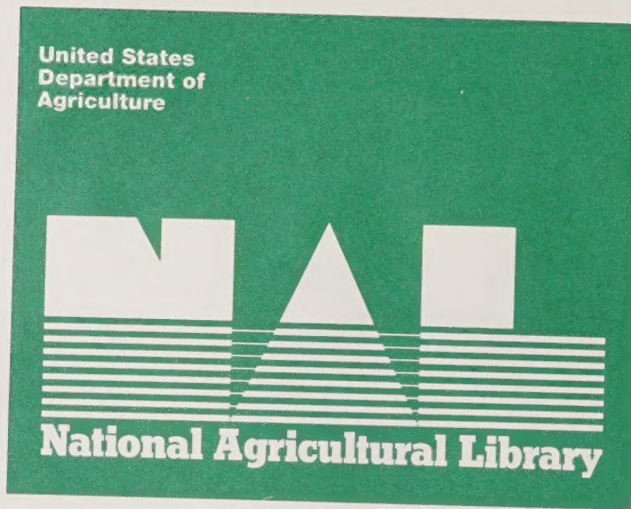
# Five Years of Progress Through EFNEP

More than 5 million of the 50 million U.S. families have the poverty level. Many have lack the knowledge and sl available resources such as fi select foods wisely, and to p meals. The Extension Service has completed the first 5 years of an innovative nutrition program to help these families.

For years, Extension educators have worked with low-income families, but progress was slow and personnel limited. Then, in 1968 a new program—the Expanded Food and Nutrition Program (EFNEP)—provided the means for Extension to reach these low-income families with intensive education about nutrition. The program employed aides—mostly women from the communities where they would teach—who were trained and supervised by Extension home economists. Their job was to teach hard-to-reach low-income families how to improve their diets, using the one-to-one teaching technique.

In 1970, additional legislation provided funds for a concentrated nutrition education effort to reach 4-H youth from depressed city areas. Volunteers trained by Extension professionals teach youth through organized clubs, special interest groups, mass media, self-study programs, day camps, and other methods.

Now, after 5 years, achievements are clear. More than 900,000 families have been enrolled and taught to improve their diets. Many also have been involved in other Extension educational programs. Some family members serve as volunteers to teach others. Extension aides and volunteers have reached over a million 4-H youth with nutrition education. More than 22,000 aides have been employed in the program, many going on to other jobs, where they are valued for their training and work experience with Extension. Currently, more than 8,000 aides are working in 1,500 localities across the Nation.



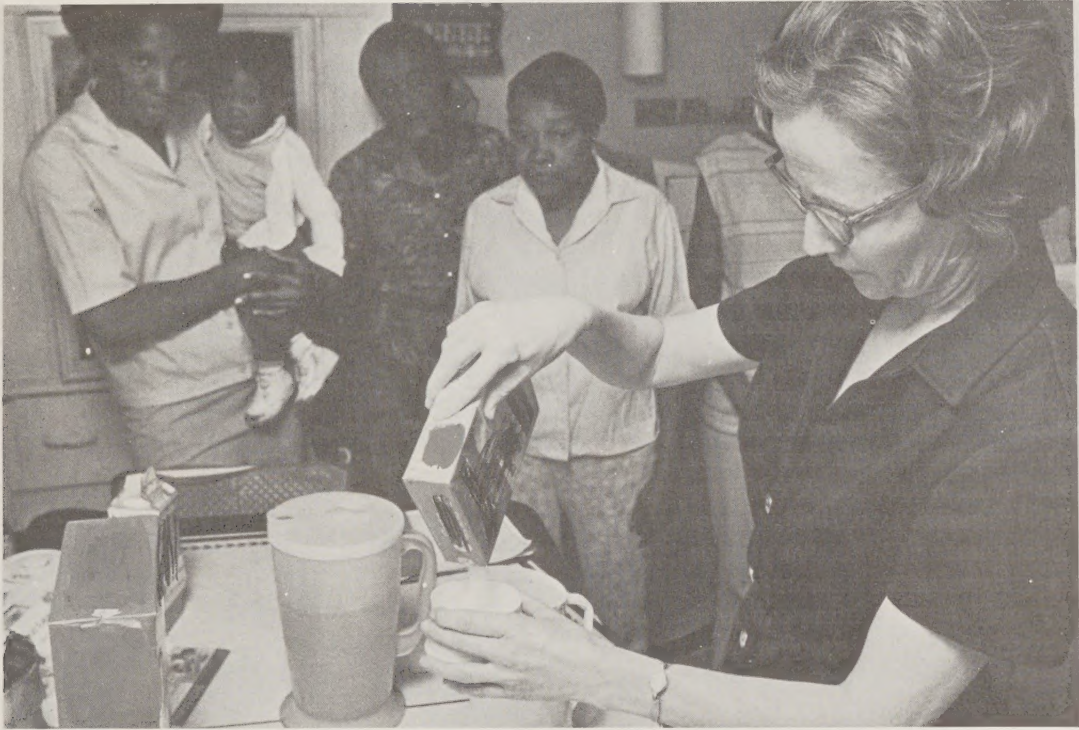
—Understand nutrition

—Practice health and sanitation





# DES TEACH HOMEMAKERS TO



*—Prepare balanced meals*

*—Use and care for kitchen equipment*



*—Grow and preserve food*







*—Buy food wisely and manage money and other resources*



*—Improve family relationships through better diets and nutrition.*

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*—Understand nutrition*

*—Improve personal development through better diets*

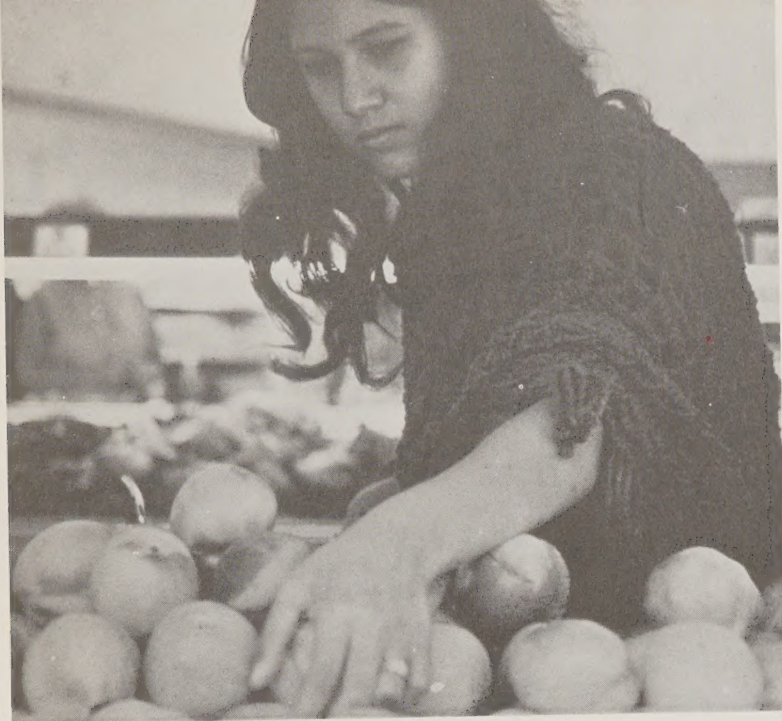


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CATALOGING PREP.





# VOLUNTEERS

## Teach Youth to ...



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*—Buy food wisely*



*—Grow and preserve food.*

